ADULTS

Adult Mini Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Acupressure

One of the world's oldest healing philosophies is new again! Learn how acupressure treatments can relieve your headaches, back pain, neck pain and other common ailments. Over 2,000 different health problems can be improved through this technique. Slide show and informational handouts included.

Register by: 3/8.

#9478 Tue Mar 16 7 pm-8:30 pm \$5(R)/\$6(N) Ages: 18 + Rifkin Site: SC

Basic Bike Repair

Learn how to do routine repair and maintenance on your bicycle? Join us and learn how to adjust your brakes, lubricate the chain and fix a flat. Just bring your bike and be prepared to get your hands dirty. All tools will be provided.

#9842 Thu Feb 19 7 pm-9:30 pm \$12(R)/\$14(N) Ages: 8 + Site: CCNC

Bike Fit Basics

Maximize your cycling by riding a bike just your size. Learn the art and science of bike fit and maintenance. Topics discussed will include saddle height, fore and aft, handlebar positioning, and bike fit evaluation.

#9841 Tue Mar 23 7 pm-9:30 pm \$12(R)/\$14(N) Ages: 8 + Site: CCNC

Birds, Hamsters, Bunnies ...Oh, My!



Have always wanted a pet chinchilla? Are the lines of communication between you and your parrot less than open? Join Ruth for one or all of these interesting and informative workshops. Workshops are held at Animal Exchange, 605 Hungerford Drive in Rockville.

Pet Birds

#9828 Sun Jan 11 3 pm-5 pm \$20(R)/\$23(N) Ages: 12 +

Hamsters, Gunea Pigs and Gerbils

#9829 Sun Jan 25 3 pm-5 pm \$20(R)/\$23(N) Ages: 12 +

Bunnies, Chinchillas, Mice & Rats

#9830 Sun Feb 1 3 pm-5 pm \$20(R)/\$23(N) Ages: 12 +

Parrot Psychology

#9831 Sun Feb 8 3 pm-5 pm \$20(R)/\$23(N) Ages: 12 +

Bird Breeding#9832 Sun Feb 15 3 pm-5 pm
\$20(R)/\$23(N) Ages: 12 +

Emotional Freedom Technique

Relieve headaches, body pains, stress, anxiety and breathing difficulties using a simple technique that has proven to be clinically effective. Learn how to deal effectively with negative situations and emotions. In this dynamic, hands-on workshop, discover how people have experienced an 80% success rate in improving or eliminating their physical problem. EFT is easily learned, long-lasting and often works when nothing else will.

Register by: 1/9.

#9571 Tue Jan 20 7 pm-9:30 pm \$28(R)/\$32(N) Ages: 21 + Rothman Site: SC

First Aid & Adult CPR

Attend both the adult CPR and First Aid portions or opt to leave after the four hour CPR portion. Instruction in the techniques of rescue breathing, CPR and management of airway obstruction for victims ages 8 to adult. First Aid will cover most emergency situations including heat and cold related emergencies, bandaging, bleeding, shock, fractures, burns and common illnesses. American Red Cross certification will be awarded upon successful completion of the course. Individuals registering for the day should bring lunch. Note: \$12.50 textbook fee payable to the instructor. If registering for more than one CPR or First Aid workshop, participants need only purchase one book.

CPR Only

Register by: 1/26.

#9679 Sat Feb 7 8:30 am-12:30 pm \$34(R)/\$39(N) Ages: 11+ Noll Site: SC

First Aid/CPR Combined

Register by: 1/26.

#9707 Sat Feb 7 8:30 am-5 pm \$58(R)/\$67(N) Ages: 11+ Noll Site: SC

Free Wireless Internet

Learn the basics on free wireless Internet access and how adjacent neighbors can split the cost of high speed wireless Internet access. Find which coffee shops, hotels and airports offer wireless Internet access. Knowledge of computers NOT required.

Register by: 2/3.

#9542 Tue Feb 17 & 24 7 pm-9 pm \$27(R)/\$31(N) Ages: 18 + Walker Site: SC

Find a mistake?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need. WINTER 2003/2004 ADULTS

Girl Talk!

Offered by Holy Cross Hospital, this program is designed for girls ages 9-11 and their mothers. Explore puberty changes, menstrual cycles and opening up the lines of communication. Grandmothers are welcome. Fee is per family.

Register by: 1/20.

#9826 Thu Jan 29 7 pm-9 pm \$19(R)/\$22(N) Ages: 9-11 Site: SC

Glass Painting

Design and create a unique set of champagne flutes or a candy dish for Valentines Day. Learn the techniques for painting on glass to make unique decorative items. Take your work home, bake it with the instructions given and enjoy your work of art for years to come. Designs and examples will be displayed. Great for gift giving. Note: \$7 supply fee payable to the instructor.

Register by: 1/30.

#9470 Mon Feb 2 7 pm-9 pm \$11(R)/\$13(N) Ages: 18 + Pasquariello Site: SC

Infant & Child CPR

Learn how to recognize and take steps to prevent childhood accidents. Know what to do for choking and cardiac or respiratory arrest in infants and children, newborn to age 8. This class is recommended for parents, grandparents and childcare providers. Red Cross certification will be given upon successful completion of course. Note: \$12.50 textbook fee payable to the instructor. If registering for more than one CPR or First Aid workshop, participants need purchase only one book.

Register by: 1/26.

#9600 Thu Feb 5 5:15 pm-10:45 pm \$34(R)/\$39(N) Ages: 11 + Noll Site: SC

Jewelry Making

Emphasis will be on earring design and composition. Choose from a wide range of materials including semi-precious stones, freshwater pearls and Czech glass to create one or more pair of earrings. Learn a skill to create gifts for family and friends. Note: \$10-\$20 supply fee per pair of earrings, payable to the instructor.

Register by: 1/26.

#9823 Tue Feb 3 7:30 pm-9 pm \$11(R)/\$13(N) Ages: 18 + Nash Site: SC

Phobia Busters

In this dynamic, hands-on course, learn to free yourself forever from your pesky fear or phobia. In many cases, the work that we do in class is enough to do the trick! Come learn a cutting edge, state-of-the-art healing technique that is rapid, elegant and powerful and often described as 'emotional acupuncture!'

Register by: 1/20.

#9474 Tue Jan 27 7 pm-9:30 pm \$28(R)/\$32(N) Ages: 18 + Rothman Site: SC

Research Your Historic Home NEW

Peerless Rockville will show you how to research the history of your historic Rockville home or business. Historian Eileen McGuckian will walk you through the use of land and assessment records, newspapers and maps. Oral history, architectural clues and name-related records may be used. If possible, bring your deed and a few photos.

Register by: 1/6.

#9540 Thu Jan 15 7 pm-9 pm \$6(R)/\$7(N) Ages: 18 + McGuckian Site: ORBC

Stress Management

Stress affects your well being by causing a variety of different aches and pains including: headaches, back pain, neck pain, fatigue, insomnia, muscle tension and digestive problems. Learn how you can wipe out stress, pain and anxiety without drugs. Slide show and informational handouts included.

Register by: 2/2.

#9477 Tue Feb 10 7 pm-8:30 pm \$5(R)/\$6(N) Ages: 18 + Rifkin Site: SC

Wine Appreciation

Increase your knowledge of wines and how they are made. Each workshop is independent and geared to beginning and intermediate les amis du vin (friends of wine). Wine presenters Neill Bassford and Bob Cecil are working partners in Elk Run Vineyards, an operating winery in Frederick County. Note: Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop for a refund. A free tour of Elk Run Vineyards will be offered to participants on a future date. Attendees will be responsible for their own transportation.

Wines of South Africa

Explore the regions and wines of this country.

Register by: 2/17.

#9554 Thu Feb 26 7:30 pm-9:30 pm \$28(R)/\$32(N) Ages: 21 + Cecil Site: GM

Maryland VS. Virginia

Explore the various wines of these two regions.

Register by: 3/16.

#9565 Thu Mar 25 7:30 pm-9:30 pm \$28(R)/\$32(N) Ages: 21 + Cecil Site: GM

Wireless Computer Networking

Discover how to connect your laptop, PDA or computer using a wireless network. Remain connected to the Internet while roaming about your home or business. Learn which wireless devices to select and how to configure and set security provisions. Knowledge of computers NOT required.

Register by: 2/13.

#9541 Thu Feb 26 & Mar 4 7 pm-9 pm \$27(R)/\$31(N) Ages: 18 + Walker Site: SC

Adult Arts/Dance/Leisure Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Argentine Tango

Impress all your friends. Learn the dance that began on the waterfronts of Buenos Aires. The tango is easier than it looks. It begins with a walk and then progresses to the romantic dance form for which it is known. Singles and couples welcome.

6 weeks.

#9197 Thu Jan 29-Mar 4 8:30 pm-9:50 pm \$46(R)/\$53(N) Ages: 16 + Fredricksen Site: SC

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Adv./Ages 13+. No class 3/2. 10 weeks.

#9199 Tue Jan 13-Mar 23 6:30 pm-7:45 pm \$65(R)/\$75(N) Ages: 13 + Mangan Site: RBC

Adv./Ages 13+. 10 weeks.

#9200 Thu Jan 15-Mar 18 6:30 pm-7:45 pm \$65(R)/\$75(N) Ages: 13 + Mangan Site: RBC

Adv. Beg./Ages 13+. 10 weeks.

#9201 Thu Jan 15-Mar 18 7:45 pm-9 pm \$65(R)/\$75(N) Ages: 13 + Mangan Site: RBC

Ballroom Dance

\$72(R)/\$83(N)

Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only. No class 2/11 and 2/18. 8 weeks.

#9216 Wed Jan 14-Mar 17 7:30 pm-8:30 pm \$72(R)/\$83(N) Ages: 18 + Mola Site: RPES #9272 Wed Jan 14-Mar 17 8:30 pm-9:30 pm

Mola

Ages: 18 +



Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. Dancers move according to their interpretation of the music using the fine muscle control of the torso, arms and hips. Note: Wear exercise apparel and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course. 10 weeks.

Belly Dancing Class

Beginning

#9218 Thu Jan 22-Mar 25 7 pm-8 pm \$65(R)/\$75(N) Ages: 14 + Amara Site: TCRC

Belly Dancing Class

Advanced Beginning

#9219 Thu Jan 22-Mar 25 8 pm-9 pm \$65(R)/\$75(N) Ages: 14 + Amara Site: TCRC

Chinese Brush Exercise

Develop aestetic judgement of Chinese art through controlled breathing, concentration, proper standing and sitting. Students will learn through lecture and practice basic skills to write and paint with a brush and also the knowledge to tour a museum or antique store with great confidence. The course welcomes everyone who has curiosity for art, culture and fitness. Note: \$30 supply fee due to instructor. No class 3/2.

8 weeks.

#9647 Tue Jan 20-Mar 16 6:30 pm-9 pm \$79(R)/\$91(N) Ages: 15 + Jiang Site: SC

Conversational Spanish I

This beginner conversational Spanish class will include pronunciation, comprehension and use of short everyday sentences. Emphasis will be on situations encountered by travelers and students in Spanish speaking countries.

8 weeks.

Site: RPES

#9346 Wed Jan 28-Mar 17 7 pm-9 pm \$59(R)/\$68(N) Ages: 16 + Vera Site: SC

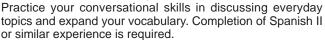
Conversational Spanish II

This continuation of basic Spanish will offer you an opportunity to further enhance your skills. Emphasis will be on pronunciation and comprehension using simple topics to give students command of idioms and vocabulary.

No class 3/2. 8 weeks.

#9347 Tue Jan 27-Mar 23 7 pm-9 pm \$59(R)/\$68(N) Ages: 16 + Vera Site: SC

Conversational Spanish III 🔻



No class 2/16. 8 weeks.

#9553 Mon Jan 26-Mar 22 7 pm-9 pm \$59(R)/\$68(N) Ages: 16 + Vera Site: SC WINTER 2003/2004 ADULTS

Easy Sweaters for Beginning Knitters

Learn how to cast on, knit, purl, cast off and follow a simple pattern! Great for those looking for some productive stress relief, and those wanting to learn a new craft. Knitting is becoming popular among celebrities, and the trend is catching on fast! Be one of the first to find out why. Note: \$10 supply fee payable to the instrucctor at the first class.

4 weeks.

#9815 Tue Jan 20-Feb 10 6:30 pm-8 pm \$19(R)/\$22(N) Ages:15 + Bahr Site: GM

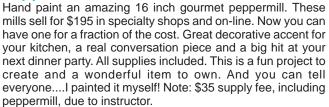
Faux Finishes

Transform your room and your mood by faux finishing walls or furniture. Learn the techniques of sponging, ragging, dragging, marbling, color washing and crackling. Bring an old 100% cotton t-shirt, plastic bags, old paint brushes, a comb and a sponge. Note: \$20 supply fee due to instructor at first class.

4 weeks.

#9339 Thu Feb 5-26 7 pm-9 pm \$36(R)/\$41(N) Ages: 16 + Lin Site: SC

Hand Paint Your Own Pepper Mill



#9552 Wed Feb 4-25 7 pm-9 pm \$39(N)/\$45(N) Ages: 16 + Conover Site: SC

Line Dancing

No experience is necessary. Just come, join in the fun and get some exercise too! You'll start with the basics and add steps and combinations as we go, including the cha-cha and the electric slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Sneakers or soft-soled shoes required.

No class 2/16 and 3/1. 6 weeks.

#9349 Mon Feb 2-Mar 22 7 pm-8 pm \$36(R)/\$41(N) Ages: 16 + Cunningham Site: RPES

Rockville Dances - Past & Present

One way to relive history is to dance it. Learn the dignified Minuet/Waltz patterns of the Revolutionary War, happy polkas and quadrilles of the 1830's, the Virginia Reel of 'Gone with the Wind' fame, exuberant One-steps of the Turn of the Century, Animal Dances, Rags and Drags of Ragtime and a taste of Two-steps, Fox trots and Swinging dances of today. Fee is per person.

6 weeks.

#9667 Thu Jan 29-Mar 4 7 pm-8:20 pm \$46(R)/\$53(N) Ages: 16 + Fredricksen Site: SC

Signing with Baby

If your baby can wave 'bye-bye', it's time to teach him/her more signs. Simple signing help babies and toddlers to communicate what they want, need and feel. Research shows that this technique decreases frustration and tantrums and may even help babies talk sooner. Note: Baby-sitting is available for course #9124. Call 240-314-8632 upon registration as spaces are limited.

4 weeks

#9850 Thu Feb 5-26 6:30 pm-7:30 pm \$20(R)/\$23(N) Cangiano Site: MCCP

#9851 Fri Feb 6-27 9:45 am-10:45 am \$20(R)/\$23(N) Rockhill Site: TCRC

Watercolor Beginner

Learn all about watercolors and how to apply them. Paint both still life and creative works. Become a confident painter, one who takes chances and most importantly, has a good time doing so. Individualized help with brushwork, technique and tools will be offered. Supply list will be mailed one week prior to class.

No class 2/16. 7 weeks.

#9508 Mon Jan 26-Mar 15 7 pm-9:15 pm \$61(R)/\$71(N) Ages: 16 + Glickman Site: SC

BINGO

JOIN IN THE FUN

WEDNESDAY NIGHTS!

EARLY BIRD starts at 7 p.m. **REGULAR GAMES** start at 7:30 p.m.





FREE hot dog, chips and coffee with admission. Plenty of free, well-lit parking. **AMPLE** rest rooms. **ALL** proceeds support the Rockville Senior Center. **EVERYONE'S** a winner when you play with us!

ROCKVILLE SENIOR CENTER

1150 Carnation Drive · Rockville, MD 20850 Directions: 240-314-5019

Computer and Science Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Cybereducation

Now, on your own schedule and at your own pace, take enrichment classes from the comfort of your home or office. Read lessons, participate in tutorials, hold interactive discussions and meet online with the instructor and your fellow students in the on-line classroom. Each class is self-paced and open 24 hours per day so you will not have to be available at any specific time. Note: Course requirements include: Internet access and intermediate pc skills. Remember to include your email address with your registration. For more information, visit www.gsinet.org

See Yourself in Different Hairstyles

Tired of bad hair days? Get help from America's leading online hair stylist, Barb Quinn, in this on-line course. See 12 custom hair styles designed just for you. After sending your photos to Barb, an analysis will be digitally superimposed on your image and recorded onto videotape. Photos are provided for you to bring to your stylist. 6 weeks.

#9278 Tue Jan 20-Feb 24 \$69(R)/\$79(N) Ages: 18 + Quinn

Parenting Your Parents

Do you feel overwhelmed by the prospect of taking care of your aging parents? Get the A to Z's of parent care in this on-line class. 6 weeks.

#9558 Tue Jan 20-Feb 24 \$49(R)/\$56(N) Ages: 18 + Fugere

Free Computer Classes

BASIC COMPUTER SKILLS - Come and learn some basic computer skills such as Word, Internet and how to search for a job on-line.

#9712 Wed Jan 7-Feb 11 7:30 pm-8:30 pm No fees Ages: 16 + Site: LPCC

Adult Fitness/Sports Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted. In case of an emergency or inclement weather, call 240-314-5023 for a recorded message.

Abs On The Ball

No class 1/19 & 2/16, 8 weeks.

Strengthen and firm abs and back muscles using a balance ball. Upper body work will be included. Bring a balance ball and sticky mat.

#9196 Mon Jan 12-Mar 15 5:30 pm-6:15 pm \$44(R)/\$51(N) Ages: 16 + Hourihan Site: RTS 8 weeks. #9270 Wed Jan 28-Mar 17 5:30 pm-6:15 pm \$44(R)/\$51(N) Ages: 16 + Site: SC Hourihan

Aerobic Training

Move and groove into fitness! This versatile training program is set to music that will motivate you to get a well-balanced workout. Customized for you with optional exercise stations that include free weights, step aerobics, toning bands, line dancing, aerobic boxing, floor work and stretching.

#9703 Mon & Wed Feb 2-Jun 30 6:30 pm-7:30 pm \$25(R)/\$30(N) Ages: 13 + Jenkins Site: LPCC

Body Sculpting

Pump-up your metabolism! This non-aerobic, high-energy workout focuses on muscular strength and endurance using hand-held weights, steps and various other resistance forms. You will love the way you look and feel! Wear aerobic shoes, comfortable clothing and bring 3-5 pound weights. Register for any of the following 3 courses and receive a \$7 discount: #9357, #9358, #9359, #9401 & #9402. To receive a discount, register by mail, fax or in-person.

No class 3/2. 11 wks. #9357 Tue Jan 6-Mar 23 6:20 pm-7:20 pm \$55(R)/\$63(N) Ages: 15 + Quintiere Site: SC 12 wks. #9358 Jan 8-Mar 25 6:15 pm-7:15 pm Thu \$60(R)/\$69(N) Ages: 15 + Quintiere Site: SC

Did you know...

The City of Rockville is offering discounted Ski Lift tickets to the following area resorts:

- Whitetail
- Ski Roundtop
- Liberty
- Windham

The lift ticket prices are the same for all resorts.

Weekday Lift \$34

Weekend \$43

Weekday Lift w/rental \$67

Weekend Lift w/rental \$76

*Learn to Ski/Snowboard Packages \$65

*Not available at Windham

Cross Training - WellFIT

Cross training is a great way to get past the plateau you've encountered in your fitness and wellness quest. Join in one or two of these classes if you want to experience the benefits of a varied exercise routine that incorporates wellness and fitness.

WalkFIT

This is no leisurely stroll!! Join us for invigorating outdoor interval walking with 1-5 pound handheld weights. Note: Class will be held indoors during inclement weather. 8 weeks.

SculptFIT

Become more mindful of your posture and train your core muscles. A combination of yoga and Pilates exercises will be used along with bands for resistance training. Showers are available after class at the Rockville Municipal Swim Center. 8 weeks.

#9494 Thu Jan 15-Mar 4 6:45 am-7:30 am \$40(R)/\$46(N) Ages: 16 + Archie Site: RTS

DanceFIT

Get a great cardiovascular workout while learning basic dance steps including jazz, salsa, and hip-hop. This fun class also will include toning exercises for a great total body workout! Beginners are welcome! 8 weeks.

#9833 Wed Jan 14-Mar 3 6:30 pm-7:30 pm \$40(R)/\$46(N) Ages: 16 + Archie Site: JWMS

Deep WaterFIT

Strengthen the abdominal and back muscles in deep water. Enjoy a total body workout, including cardio, doing isolation exercises in this low-impact activity. Non-swimmers are welcome and may use a floation belt, provided.

WaterFIT

Exercise in chest to waist deep water while getting a low to non-impact workout. Enjoy doing routines that will help you develop muscles by using the water's resistance to tone and strengthen the entire body. Non-swimmers welcome.

Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided.

Register by: 1/22.

#9532 Fri Feb 27 7 pm-9:30 pm \$35(R)/\$39(N) Ages: 18 + Site: CG

Climbing for Women Only

Spend an evening climbing with other women in our indoor climbing gym. Learn proper climbing and belay techniques as well as safety precautions geared toward women. No experience necessary. All equipment is provided.

Register by: 2/17.

#9534 Fri Feb 27 7 pm-9:30 pm \$35(R)/\$39(N) Ages: 18 + Site: CG

Combo Step Aerobics

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Bring your own personal weights and a towel or mat to class.

12 wks. Register for any three of the following courses and receive a \$7 discount: #9357, #9358, #9359, #9401 & #9402. To receive a discount, register by mail, fax or in-person.

#9359 Sat Jan 10-Mar 27 9 am-10 am \$60(R)/\$69(N) Ages: 16 + Rourke Site: SC

Fit at Fifty

Resistance training can increase bone density and metabolism, prevent diabetes and reverse the aging process. Under the supervision of a professional trainer, use free weights, Nautilus equipment, treadmill, bikes and stairs. Note: Classes are held at Rockville Sports and Health, 11650 Nebel St. and participants are entitled to use their facilities during the four-week class, offered on a one-time basis.

4 wks.

#9362 Wed Jan 14-Feb 4 1 pm-2 pm \$56(R)/\$64(N) Ages: 50 + Demorgiorgas Sport & Health

Indoor Golf for Adults

Learn the proper swing, putting, chipping and more in a group of four to six participants. Note: Students must purchase a bucket of balls at each class; \$25 is due to instructor at first class for balls. Classes held at Rockville Tennis and Golf, 14702 Southlawn Lane, Rockville. For additional class times, call 301-424-8882.

5 weeks.

#9368 Sat Jan 17-Feb 14 2:30 pm-3:30 pm

\$110(R)/\$126(N) Ages: 13 +

Indoor Tennis for Adults

Take advantage of instruction with only four to six participants in a group. Learn tennis strokes and develop strategies for playing games. Note: Bring a tennis racquet and a can of tennis balls to the first class. Classes held at Rockville Tennis and Golf, 14702 Southlawn Lane, Rockville. For additional class times, call 301-424-8882.

5 weeks.

#9371 Sat Jan 17-Feb 14 2 pm-3 pm

\$110(R)/\$126(N) Ages: 13 +

Kick Boxing

This aerobic type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. Note: Classes held at World Karate Masters, 833-A Rockville Pike (Wintergreen Plaza).

10 wks.

#9380 Sat Jan 17-Mar 20 10 am-10:45 am

\$49(R)/\$56(N) Ages: 14 + Latchinian

Racquetball - Beg. & Int.

Develop racquetball skills including forehand, backhand and serve. Practice various drills and participate in games. Full membership privileges at the club are extended to participants during the four-week class, offered on a one-time basis. Racquets and balls provided. Note: Classes held at Rockville Sports and Health, 11650 Nebel St.

4 wks.

#9391 Thu Jan 22-Feb 12 6 pm-7 pm \$37(R)/\$43(N) Ages: 16 + Goldstein Rockville Sport & Health

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises. There is no running or jumping in class. Classes are designed to maintain fitness, improve muscle strength and reduce sports injuries. Bring a mat to class. Note: If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

No class 1/19 & 2/16. 8 wks.

#9393 Mon Jan 12-Mar 15 10 am-11 am \$36(R)/\$41(N) Ages: 15 + Creamer Site: FSFT

10 wks.

#9394 Thu Jan 15-Mar 18 6:30 pm-7:30 pm \$45(R)/\$52(N) Ages: 15 + Creamer Site: ESCC

10 wks.

#9395 Fri Jan 16-Mar 19 10 am-11 am \$45(R)/\$52(N) Ages: 15 + Creamer Site: FSFT

10 wks.

#9396 Wed Jan 14-Mar 17 10 am-11 am \$45(R)/\$52(N) Ages: 15 + Creamer Site: ESCC

Step Aerobics

For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this challenging and invigorating workout for the experienced stepper (no beginners, please).

No class 3/2. 11 wks. Class is designed for Intermediate level of Step Aerobics. Register for any three of the following courses and receive a \$7 discount: #9357, #9358, #9359, #9401 & #9402. To receive a discount, register by mail, fax or in-person.

#9401 Tue Jan 6-Mar 23 5:30 pm-6:15 pm \$57(R)/\$66(N) Ages: 15 + Quintiere Site: SC

Step Interval Class

Enjoy a great morning workout to start your day. Participants will benefit from Step aerobics combined with strength training and flexibility using weights and exertubes. Bring 2-5 pound weights and a mat. Exertubes are provided.

8 weeks.

Total Fitness NEW

Enjoy an invigorating workout that incorporates cardio fitness, strength training and conditioning. This exercise program will help strengthen your upper and lower body, abdominals and improve your agility. All fitness levels welcome since program may be modified to meet your individual needs. Bring your personal weights to class.

No class 2/16 & 3/1. 7 weeks.

#9824 Mon Jan 26-Mar 22 6:30 pm-7:30 pm \$42(R)/\$48(N) Ages: 16 + Hadeed-EATS Site: JWMS

No class 2/5 & 2/12. 7 weeks.

#9825 Thu Jan 15-Mar 11 6:30 pm-7:30 pm \$42(R)/\$48(N) Ages: 16 + Hadeed-EATS Site: JWMS

Internal Arts and Martial Arts

Today, more and more people are focusing on preventive health care based on body/mind/spirit integration. Meditative activities have been practiced for centuries and are known to promote physical and mental wellbeing. Wear comfortable clothing.

Nia - Movement/Fitness

If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

No class 1/19 & 2/16. 8 weeks.

#9238 Mon Jan 12-Mar 15 6:30 pm-7:45 pm \$74(R)/\$85(N) Ages: 16 + Liss Site: TCRC

#9331 Wed Jan 28-Mar 17 6:30 pm-7:45 pm \$74(R)/\$85(N) Ages: 16 + Liss Site: SC



Pilates

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Training the whole body to work as a unit with control and fluidity will promote body awareness. Appropriate for all fitness levels. Bring a mat to class.

7 wks.

#9383 Wed Jan 14-Feb 25 7:30 pm-8:30 pm \$56(R)/\$64(N) Ages: 16 + Hallman Site: TCRC

7 wks.

#9384 Wed Jan 14-Feb 25 6:30 pm-7:30 pm \$56(R)/\$64(N) Ages: 16 + Hallman Site: TCRC

7 wks. Class is designed for Intermediate level.

#9385 Jan 14-Feb 25 7 pm-8 pm Wed \$56(R)/\$64(N) Ages: 16 + Site: ESCC Peterson

Power Yoga

Fitness enthusiasts and couch potatoes can benefit from this dynamic workout which combines strength, endurance and flexibility activities. Learn how to reduce stress and improve overall conditioning through relaxation techniques. Bring a mat or towel to class.

7 weeks.

#9239 Tue Jan 13-Feb 24 6:15 am-7:15 am \$52(R)/\$60(N) Ages: 16 + Bowen Site: TCRC

9 weeks.

Wed #9654 Jan 21-Mar 17 7 pm-8 pm \$67(R)/\$77(N) Ages: 16 + Site: LES Hannon

Self-Defense for Women

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and selfdefense. Note: Classes held at World Karate Masters, 833-A Rockville Pike (Wintergreen Plaza).

No class 3/2, 10 wks.

#9392 Tue Jan 13-Mar 23 7:30 pm-8:30 pm \$46(R)/\$53(N) Ages: 15 + Latchinian



T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

10 weeks.

#9405 Jan 14-Mar 17 Wed 7:45 pm-8:45 pm \$60(R)/\$69(N) Ages: 18 + Site: SC Sambuco

Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do. Note: Classes held at World Karate Masters, 833-A Rockville Pike (Wintergreen Plaza).

10 wks.

#9406 Thu Jan 15-Mar 18 8 pm-9 pm \$46(R)/\$53(N) Ages: 15 + Latchinian

Tae Kwon Do for All Ages

Come learn everything from warm ups to stretches, kicks, blocks, punches, combination and conditioning, all from a teacher who has earned his Fifth Degree Black Belt. This class is designed to give you an introduction while improving your fitness workout. Degree belts are awarded. Learn forms for promotion.

Ongoing registration.

#9705 Tue Jan 13-Jun 8 5:30 pm-6:30 pm All Ages Site: LPCC No fees

Yoga - Beginner and Continuing

Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block release movements. All levels of experience are welcome. Bring a sticky mat and blanket to class.

No class 2/10 & 3/2. 9 weeks

#9260 Tue Jan 13-Mar 23 6:15 pm-7:15 pm \$67(R)/\$77(N) Ages: 15 + Smith Site: TCRC

No class 2/10 & 3/2. 9 weeks. #9261 Tue

7:30 pm-8:30 pm Jan 13-Mar 23 \$67(R)/\$77(N) Ages: 15 + Smith Site: TCRC



Yoga - Intermediate

Strengthen, tone and stretch muscles and joints while releasing tension and relaxing the mind. Yoga exercise starts gradually and works on every part of the body. Bring a mat to class. The intermediate level is for physically fit participants or for those with previous experience. New Yoga students should register for Gentle Hatha Yoga.

8 weeks.

#9262 Thu Jan 29-Mar 18 7:45 pm-9 pm \$59(R)/\$68(N) Ages: 15 + Miller Site: SC

Yoga for Strength, Wholeness & Health

Enjoy a powerful and effective form of yoga consisting of vigorous stretches and held postures alternated with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Bring a mat or blanket to class.

No class 3/2. 10 weeks.

#9265 Tue Jan 13-Mar 23 7 pm-8:15 pm \$74(R)/\$85(N) Ages: 16 + Ruffieux Site: ESCC

Yoga Gentle Hatha - Beginner

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Those with injuries should consult a physician prior to registration. Bring a mat to class.

No class 3/18. 8 weeks.

#9266 Thu Jan 29-Mar 25 6:30 pm-7:30 pm \$59(R)/\$68(N) Ages: 15 + Gada Site: FES

No class 3/18. 8 weeks.

#9267 Thu Jan 29-Mar 18 6:15 pm-7:30 pm \$59(R)/\$68(N) Ages: 15 + Miller Site: SC

No class 2/16. 8 weeks.

#9268 Mon Jan 26-Mar 22 6:30 pm-7:30 pm \$59(R)/\$68(N) Ages: 15 + Gada Site: MCCP

7 weeks.

#9348 Sat Jan 31-Mar 13 9:30 am-10:30 am \$52(R)/\$60(N) Ages: 15 + Suryavanshi Site: SC

Yoga-lates

We combine the best of Yoga and Pilates so you can have a terrific energizing workout to both your mind and body. Join us and experience the core strengthening exercises of Pilates combined with many Yoga postures.

8 weeks.

#9345 Wed Jan 28-Mar 17 12:15 pm-1:15 pm \$59(R)/\$68(N) Ages: 16 + Hannon Site: TCRC

Adult Sports

Basketball - Men's

The Men's Basketball program plans to offer an Open Division with two levels of play, C and Recreational. Team may select and prioritize their level of play. Eligibility: Teams and/or players participating in basketball leagues, such as Mont. County, Gaithersburg, etc. are eligible to participate in the City of Rockville Program. Note: Persons participating in a B or higher sanctioned recreation league are considered ineligible for league play in Rockville. Registration dates: Qualifying 2003 Winter teams may register prior to Nov 17. New teams (Category I) who have 60% of their players who either are City Residents or who work in the Rockville Business Community tax limits area may register Nov. 17. All other new teams (Category II) may register on Nov. 18.

Men's C/Recreational Basketball: Sundays

Men's C/Recreational Basketball - 10 games. Games will not be scheduled on Superbowl Sunday

#9652 Sun Jan 4-Mar 7 5 pm-10 pm \$580 Ages: 18 + Site: RMHS

Open Gym for Families and Adults

Come enjoy yourself in the NEW gym at Lakewood Elementary School. This is a drop-in program. Open registration throughout the season. For more information, call 240-314-8620.

Family Open Gym - Adult/Child

Adults will have the opportunity to practice basketball skills with their children in an unstructured environment. Some baskets will be lowered for smaller children. Note: Full and/or half court games not permitted. Gym closed 1/19 & 2/16. Parental attendance is required.

#9758 Mon Jan 5-Mar 8 6 pm-7:30 pm \$25(R)/\$50(N) Ages: 6 + Site: LES

Adult Open Gym

Adults 18 years and over can enjoy co-recreational half court and full court games. Gym closed 1/19 & 2/16.

#9759 Mon Jan 5-Mar 8 7:30 pm-9 pm \$10(R)/\$20(N) Ages: 18 + Site: LES

NEW TO ROCKVILLE?

The City of Rockville Department of Recreation and Parks invites you to come in and find out what we have to offer. We have programs, classes, and facilities for all ages.

Want to learn more?

Please give us a call at

240-314-8620 . . . you are important to us!

Volleyball - Co-Rec Winter

Co-Rec Volleyball league play will be offered in two Monday night leagues and a Friday open-division night league. The Monday night leagues are seeded (upper/lower division) based on team ability; Friday league is unseeded. Eligibility: Men and Women 18 years and older and out of high school. Qualifying 2003 Winter leagues can register prior to Nov. 3. New teams (Category I) who have 60% of their players who either are City Residents or work in the Rockville Business Community tax limits area may register Nov. 3-5. All other teams (Category II) may register Nov. 6.

Volleyball C/D Level: Monday Winter

C/D level Volleyball Upper/Lower Division, 10 weeks, evening games three 15-point matches, Monday lower plays at Robert Frost M.S., Monday Upper plays at Broome Gym.

#9648 Mon Jan 5-Mar 8 6:30 pm-9:30 pm \$140 Ages: 18 + Site: BAP

Volleyball Open: Friday Winter

Open Division, 10 weeks, evening games, three 15-point matches, Friday Open play Broome Gym.

#9649 Fri Jan 9-Mar 12 6:30 pm-9:30 pm \$150 Ages: 18 + Site: BAP

Volleyball - Men's Winter

Men's Volleyball league will offer 'A' level of play. Eligibility: Male high school graduates 18 years or older are eligible. Players who will be competing in higher than 'A' level organized recreation leagues are ineligible. Registration dates: Qualifying 2002-03 Fall/Winter teams may register prior to Dec. 15. New Teams (Category I) who have 60% of their players who either are City residents or who work in the Rockville Business Community tax limits area may register Dec. 15. All other new teams (Category II) may register on Dec. 16 or until league is closed.

#9651 Wed Jan 7-Mar 10 6:30 pm-9:30 pm \$335 Ages: 18 + Site: TCRC

Volleyball - Women's Winter

Thursday night volleyball will be offered for C/D upper and lower divisions levels. Eligibility: Women 18 years or older and out of high school. Registration: Qualifying 2003 Winter teams may register prior to Nov. 3. New teams (Category I) who have 60% of their players who are either City residents or work in the Rockville Business Community tax limits area may register Nov. 3-5. All other new teams (Category II) may register Nov. 6.

Volleyball C/D Level: Thursday Winter

C/D level volleyball Upper/Lower Divisions, 10 weeks, evening games, three 15-point matches.

#9659 Thu Jan 8-Mar 11 6:30 pm-9:30 pm \$195 Ages: 18 + Site: BAP



RedGate Municipal Golf Course

240-314-8730

RESERVATION POLICY:

- 1. Reservations are taken 14 days in advance. All reservations are for 18 holes only.
- 2. We reserve every other tee time. Walk-ins are welcome.
- 3. To reserve a tee time through the internet: www.rockvillemd.gov and click on RedGate.
- 4. To make a tee time by phone, call 240-314-8730 and press <3>.
- 5. On the day of play, phone after 9 a.m. to reserve an 18 hole tee time. A Visa or Master Card is required.
- To cancel a tee time or reduce the number of players, a two hour notice must be given in order not to be charged.
- 7. Reserved times for 18 holes are taken only for twosomes, threesomes and foursomes.

REDGATE GREENS FEES:

9 HOLES:

9 Holes, Mon-Thurs 9 Holes Resident, Mon-Thurs 9 Holes - Fri/Sat/Sun/Holidays 9 Holes - Residents, Fri/Sat/Sun/Holidays	\$18.00 \$16.00 \$20.00 \$18.00
Juniors and Seniors Juniors - 9 Holes, Mon-Thurs Juniors - 9 Holes Resident, Mon-Thurs Seniors - 9 Holes, Mon-Thurs Seniors - 9 Holes Resident, Mon-Thurs Junior & Seniors - 9 Holes, Fri Junior & Seniors - 9 Holes, Resident, Fri	\$15.00 \$13.00 \$16.00 \$14.00 \$18.00 \$16.00
18 HOLES: 18 Holes, Mon-Thurs 18 Holes Resident, Mon-Thurs 18 Holes - Fri/Sat/Sun/Holidays 18 Holes - Residents, Fri/Sat/Sun/Holidays	\$29.00 \$26.00 \$33.00 \$30.00
Juniors and Seniors Juniors - 18 Holes, Mon-Thurs Juniors - 18 Holes Resident, Mon-Thurs Seniors - 18 Holes, Mon-Thurs Seniors - 18 Holes, Residents, Mon-Thurs Junior & Seniors - 18 Holes, Fri Junior & Seniors - 18 Holes, Resident, Fri	\$23.00 \$21.00 \$24.00 \$22.00 \$28.00 \$26.00

Cart Fees: 9 Holes: \$9 - 1 person \$18 - 2 people \$26 - 2 people

Don't forget to visit the fully stocked Clubhouse and Pro Shop, offering quality men's and women's clothing. RedGate's full service snackbar offers a large variety of food and beverages.

LESSONS..LESSONS..LESSONS

If you're interested in learning golf, or just improving your game, lessons are available from RedGate's teaching pro, Marty Johnson...Call 240-314-8734 for details!!!

Adult Trips

Registration for these trips begins today. One week prior to trip, a letter with specific information will be mailed to each participant. If you do not receive one, call 240-314-8641. Most of our outdoor activities require some degree of physical fitness. If you are unsure of your abilities, or need tips on how to dress for an activity, please call the Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years old must be accompanied by an adult.

Cannonball Run Tubing

Tubing down a slope is a lot of fun and a terrific winter family activity! Recline in a giant inner tube, relax and barrel down the slope at Ski Roundtop. You can tube backwards, frontwards, on your back or on your belly. On the way home, enjoy the generous lunch buffet at the venerable Cozy Inn in Thurmont. The cost includes two hours of tubing, lunch, transportation and leadership. Tubers must be at least 42 inches tall. Register by: 12/30.

#9444 Sat Jan 10 8:30 am-5 pm \$60(R)/\$66(N) Ages: 6+

Eternal Egypt at The Walters

Join us for Eternal Egypt, the largest exhibition ever mounted by The Walters Art Museum in Baltimore. Treasures from the British Museum showcase the time of the Pyramids through the Roman Period and Cleopatra and fill over two floors. From massive sculptures, relics from tombs to precious items, including ivory figures and jewelry to a gilded funerary mask of a woman of the royal court (ca.1213 B.C.), this is a stunning representation of over 3,000 years of Egyptian art. Following the exhibition, have lunch on your own in the Mt. Vernon neighborhood. Cost includes museum fee, audio guide, transportation and leadership. Register by: 12/30.

#9827 Sat Jan 10 9 am-5 pm \$45(R)/\$50(N) Ages: 8 +













For more fantastic trips see page 16.

Frozen Falls Hike

Discover winter in the woods at nearby Cunningham Falls State Park. Take this strenuous 7.5-mile hike past the frozen 78' falls across the mountain to two scenic outcrops and beautiful views. The historic Catoctin Iron Furnace also is visible along the trail. Fee includes transportation and leadership. Register by: 1/20.

#9443 Sat Jan 31 8 am-5 pm \$30(R)/\$35(N) Ages: 8+

Spring at the Philadelphia Flower Show

Kick off spring with a visit to the most beautiful party of the century. *Destination Paradise* is this year's theme at the 175th anniversary Philadelphia Flower Show. Flora and fauna from the world over are showcased in the 33 acres of gardens. World-class exhibits, lectures, culinary events and an exceptional marketplace finish the journey to paradise at the largest indoor flower show on earth. There also will be time to explore the nearby Reading Terminal, home to over 80 vendors selling food, crafts and more flowers! Cost includes entry fees, transportation and leadership. Register by: 3/2.

#9525 Sat Mar 13 7 am-7 pm \$65(R)/\$74(N) Ages: 8+

Tea and Tour

Travel to the historic Hammond-Harwood House in Annapolis. Designed during the Golden Age of Annapolis (1763-1774) by English architect William Buckland, it is best described as an Anglo-Palladian villa. Beautifully restored, the house is replete with antiques belonging to the many Annapolitans who lived there following its original owner, Matthias Hammond. Following our private tour we will walk to the oldest tavern in Annapolis, the Reynolds Tavern, for a full tea. Cost includes tour fees, tea, leadership and transportation. Register by: 3/23.

#9539 Sat Apr 3 11 am-6 pm \$60(R)/\$66(N) Ages: 10+

The Producers Comes to D.C.

Everything you've heard is true! Join us in center orchestra seats at the Kennedy Center's Opera House for *The Producers!* Experience the biggest Tony Award winner in Broadway history, directed and choreographed by five-time Tony Award winner Susan Stroman. Register early. Tickets are selling out! Cost includes ticket, transportation and leadership. Register by: 6/15.

#9550 Sat Jul 24 12 noon-6 pm \$100(R)/\$115(N) Ages: 10+

RUN UNDER THE LIGHTS

Every Wednesday night, with the exception of school holidays and school closings due to inclement weather, the lights are turned on at the Richard Montgomery HS track. Montgomery County Road Runner Club personnel will be there and can help you set up a running or walking program.

Note: Everyone is welcome but ages 16 and under must be accompanied by an adult.

Registration by: Registration is open every Wed. night at RMHS.

Free Dates: 12/3-4/14 Wednesday, 7-8:30 pm

WINTER 2003/2004 ADULTS



Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of Maryland's history and folklore while enjoying these outings. The Appalachian Trail in Maryland has been divided into seven sections for day hikes. Earn a certificate and patch by hiking all seven sections. The trip leader will

interpret points of interest. Wear broken-in hiking boots or sturdy shoes. Bring your lunch, rain gear and drinking water. Participants must be able to hike two miles over rocky hills without a break and complete the distance indicated. The cost includes transportation and leadership.

AT 6&7 - Gathland to Harper's Ferry

Combine these two sections of the Appalachian Trail beginning in Gathland for a 10-mile hike. Follow the ridge line to Weaverton and then descend and follow the C&O Canal towpath into Harper's Ferry. Register by: 3/15.

#9530 Sat Mar 27 \$32(R)/\$37(N) Ages: 10+ 8 am-5 pm











Women on the Move



If you are a woman over the age of 30 and would like to participate in outdoor activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, basic trips are offered geared to novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.

Cross Country Skiing

Winter has its own special beauty. See it on skis and get a workout at the same time. We'll go where the snow is for an afternoon of skiing and then make a dinner stop on the return trip. The cost includes transportation, leadership and ski instruction. You must bring or rent your own skis-we'll show you how. Register by: 1/14.

#9435 Sat \$40(R)/\$45(N) Jan 24 Ages: 30+ 7 am-9 pm

Say Spa...aahhh!

What do you get when you combine a scenic morning hike with an afternoon spa visit? An invigorating day of pampering! A trek through the woods at Cacapon State Park in West Virginia will prepare you for a visit to nearby historic Berkeley Springs to ease tired muscles with a massage. Lunch is on your own in this quaint town. Cost includes transportation, leadership and a 45-minute massage. Register by: 3/8.

#9531 Sat Mar 20 \$90(R)/\$100(N) Ages: 30+

8 am-7 pm



HAVE A BALL

Get Involved in Adult Team Sports

Men's Softball • Women's Softball • Co-Rec Softball

Got a team together?

Send us your name and address - we'll place you on the mailing list for complete information about the league of your choice. Teams that participated last year are currently on our mailing lists.

Want to join a team?

Send us your name, day and evening phone numbers - we'll place you on a list made available to coaches in the league of your choice.

League play begins:

April 20 - Men's Softball • April 22 - Woman's Softball • April 23 - Co-Rec Softball

Mail your information to: Department of Recreation and Parks, City of Rockville, 111 Maryland Ave., Rockville MD 20850 ATTN: Sports Division. Be sure to indicate in which league you are interested or visit our Web site: www.rockvillemd.gov and click on *Recreation*.